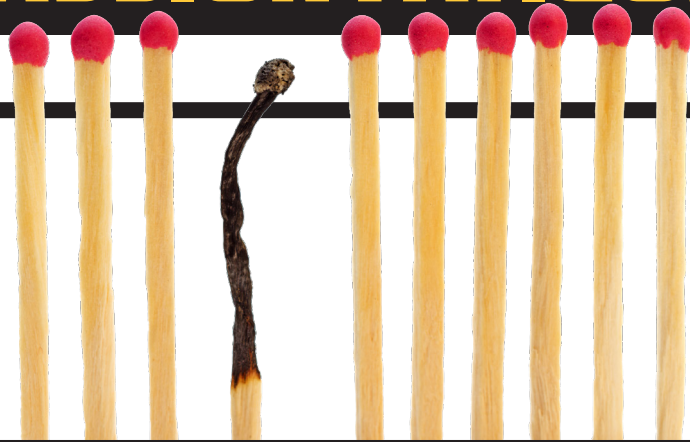


# TRAUMA EXPOSED: **COMPASSION FATIGUE**

“Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.”

- DR. CHARLES FIGLEY



“This gradual and profound **emotional and physical erosion of our ability to engage compassionately** with other people...particularly patients, clients, but also sometimes our loved ones.”

- FRANCOISE MATHIEU

## MENTAL HEALTH CONTINUUM

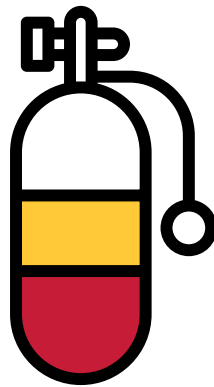
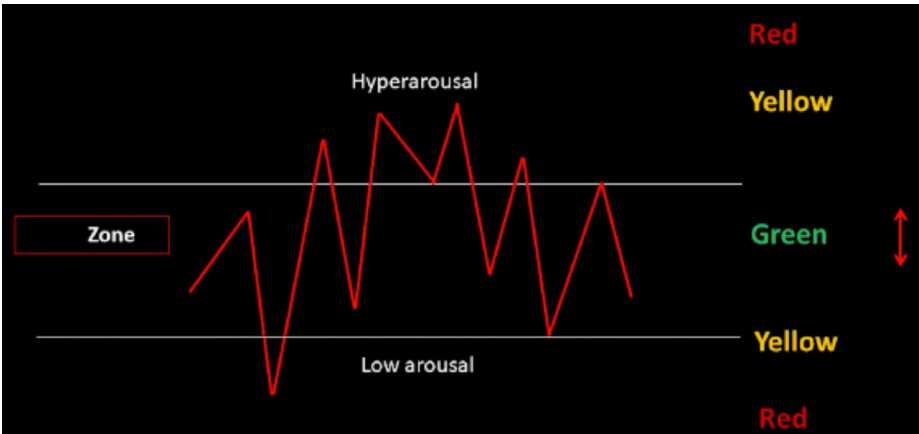
**SELF ASSESSMENT:** Draw dots on the arrow where you feel you fall on the mental health continuum. At the beginning of your shift? At the end?

- normal mood fluctuations
- calm & takes things in stride
- performing well
- in control mentally
- normal sleep patterns
- physically well
- good energy
- socially active
- no/limited bad habits

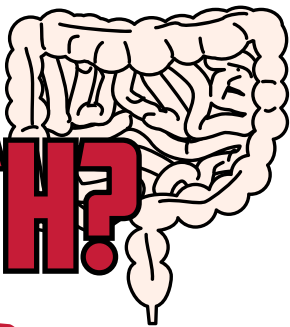
- irritable/impatient/anger
- nervous/anxiety
- sad/overwhelmed/hopeless
- forgetful/negative attitude
- trouble sleeping/nightmares
- muscle tension/headaches
- increasing fatigue/low energy
- decreased activity/socializing
- semi-controlled or uncontrolled bad habits

- aggression
- excessive anxiety/panic
- depressed/suicidal thoughts
- can't perform duties, control behavior or concentrate
- sleeping too much or too little
- physical illness
- constant fatigue
- complete avoidance
- addictions

## WINDOW OF TOLERANCE **WHAT'S DRAINING YOUR TANK?**



## WHAT'S YOUR **GUT HEALTH?**



**hello**  
my name is

Write on your name tag in one or two words, **your personal baggage** that keeps you “in thee red”:

**SELF SLEEP ASSESSMENT:** Other than **sleeping** or **intimacy (sex)**, what do you do in bed? Are you eating? Reading? Looking at your phone?

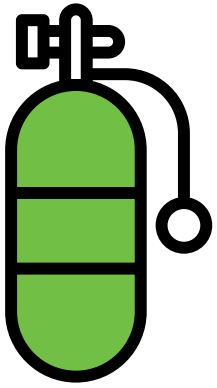


# SELF COMPASSION: RE-CALIBRATE YOURSELF

“Compassion isn’t the problem, it’s the solution.”

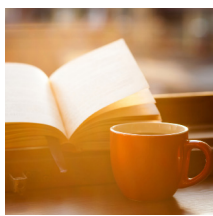
- FRANCOISE MATHIEU

HEALTHY COPING SKILLS: How do you **refill your tank**? How can you live in the “**green zone**?”

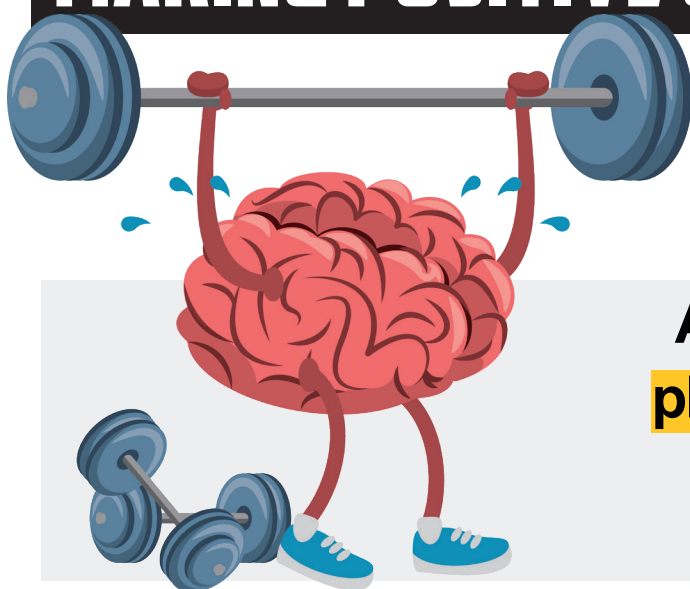


Examples:

- Vacations - mini escapes
- Healthy relationships
- Have an identity or purpose outside of work
- Establish personal boundaries
- Hobbies



## MAKING POSITIVE CHANGES BRINGS POSITIVE RESULTS



“Just two weeks of noticing **3 good things daily** is a natural antidepressant and sleep aid.”

- DUKE UNIVERSITY

A typical brain fitness program incorporates **physical exercise**, **cognitive training**, **nutrition**, **better sleep** and **meditation**.

- HARVARD HEALTH



## RESOURCES

**Firestrong**

<https://www.firestrong.org>

**The Code Green Campaign**

<http://codegreencampaign.org/>

**IAFF Recovery Center**

<https://www.iaffrecoverycenter.com>

**Blue Paz**

<https://bluepaz.com/>

**Fit for Duty Consulting**

<http://fitfordutyconsulting.com>

**Under the Shield**

-Public Safety Officer 24/7 Support Line  
<https://undertheshield.com/> 602-433-2677

**Turn-In – Meditation for first responders**

<https://www.turnin.life>

**Environmental Working Group**

<http://www.EWG.org>

**Public Safety Officer 24/7 Support Line 602-433-2677**

